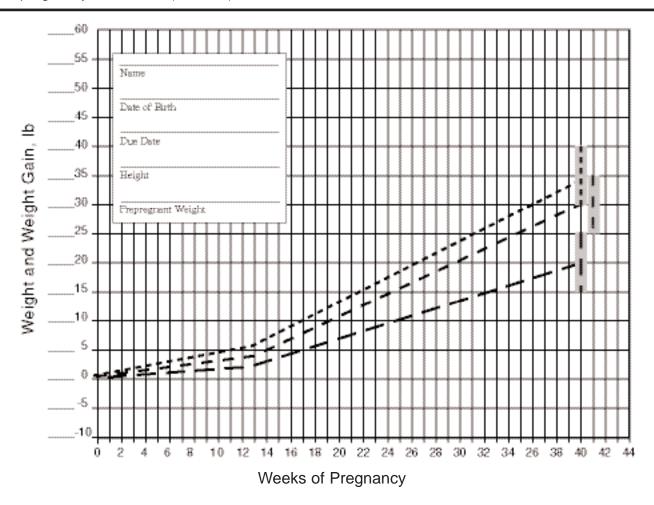
## **Prenatal Weight Gain Chart in Pounds**

Prepregnancy BMI <19.8 (---), Prepregnancy BMI 19.8-26.0 (Normal Body Weight) (---), Prepregnancy BMI > 26.0 (---)



Weight Record			
Date	Weeks of Gestation	Weight	Notes
	+		
	+		

19